

# Suicidal Thoughts (parents and carers)

It can be very distressing to learn that the young person in your life is feeling suicidal. Thoughts of suicide are common, with **1 in 4 people** experiencing them at some point, so they are not alone.

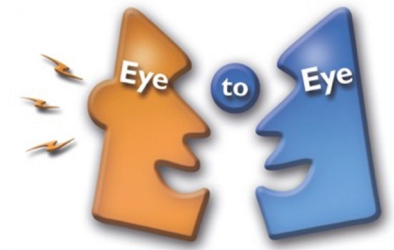
## If the young person cannot keep themselves safe:

**If the young person is in immediate danger, then call 999 or take to A&E for emergency support**

- Make sure all medications/risks are **removed from easy access**
- Reassure them that you want to keep them safe so will seek support together

## How can I support the young person?

- It's scary, but **don't be afraid to ask** if they have thoughts about ending their life- open the conversation up for them
- **Take what they seriously-** do not disregard it as "a phase" or brush it off
- **Stay calm**, controlled and **don't panic-** it's vital that the young person feels **calm** around you
- Remember that it takes **courage** for someone to open up and talk about feeling suicidal
- **Listen** to what they are feeling, with no distractions or interrupting them
- Don't try to 'fix' the problem, **just listen**
- Understand the **reasons** they are feeling suicidal in order to **support them** to move forward
- Seek **professional help** from their GP and Eye to Eye school/community counsellor
- Help them to create a **Safety Plan** from the resources below
- Spend time with them and show an interest in their life
- Check in with them now and again, without suffocating them



"Sometimes we all need someone to talk to"



## Helpful Resources

- [Young Minds: Get urgent help for your child](#)
- [Young Minds: How to talk to your child about suicidal thoughts](#)
- [Papyrus: Supporting your child with self-harm and suicide](#)
- [Stay Alive \(APP\)](#)

## Useful Contacts

### Eye to Eye Counselling Service:

01443 202940  
[info@eyetoeye.wales](mailto:info@eyetoeye.wales)

### Samaritans

116 123  
[www.Samaritans.org](http://www.Samaritans.org)

### Papyrus

0800 068 4141  
[www.papyrus-uk.org](http://www.papyrus-uk.org)

### Childline

0800 1111  
[www.childline.org.uk](http://www.childline.org.uk) (online chat available)

